

## What I learned...

The knowledge that I acquired through this project is unending. Apart from learning about the culture, traditions, and some basic language of Thailand, I also learned about how to work with children with disabilities and how to provide sustainable education to village members to help improve their health upon leaving. In addition, I also learned a lot about myself, such as that I have the ability to be a leader and make a lasting difference.



## What motivated me to select this project...

Because I am a science major and plan to go to physician assistant graduate school, I knew I wanted to incorporate healthcare into my STEP project. I was fortunate to have combined this with my love for traveling. Ultimately, GVI provided the most beneficial program for me and not only let me pursue my personal goals but my educational and career goals as well.

# Community Service and Healthcare in Thailand

**Project Description...** I, along with a group of students from OSU, traveled to a small village in Thailand called Ban Nam Khem where we participated in healthcare community service work. The organization that I participated in this project through was Global Vision International (GVI). As part of this project, we stayed at GVI's base camp in the heart of the village and were immersed in the culture and traditions of Thailand. Our service work included working with children with disabilities, providing education regarding healthcare, and teaching English to kindergarten children.



## The transformational aspects of my project...

Throughout my time in Thailand, I never stopped growing as a person and a student. I truly believe that when I returned to the US I was a different person. I had accumulated new knowledge, experiences, and most of all, new lasting friendships with people at OSU and across the world. From my experience, I know for certain that I want to do similar work through my career when I am older.



## Favorite part of my experience...

While it's nearly impossible to choose a favorite part of my trip, I would conclude that the flexibility and sense of independence within this project made it most enjoyable. Having the ability to work hard and see that worked valued through the week, but then also travel around Thailand and enjoy excursions during the weekends made this trip unforgettable.

